Amendment to the Claims:

Please cancel claims 1-60 and add new claims 61-100. Following is a complete listing of the claims pending in the application as amended:

1-60. (Canceled).

61. (New) A method of partially hydrogenating an unsaturated fat, comprising: dispersing a nickel-based catalyst in an unsaturated edible oil, the edible oil having an initial lodine Value and an initial fatty acid profile;

delivering hydrogen to the oil; and

hydrogenating the oil at a hydrogenation temperature no greater than about 75° C for a hydrogenation time to yield a partially hydrogenated fat having a modified lodine Value and including a modified fatty acid profile, wherein the partially hydrogenated fat has a solid fat content of about 25-80 weight percent at 20° C, an absolute difference between the initial lodine Value and the modified lodine Value (dIV) divided by the hydrogenation time defines an average lodine Value change rate of no less than about 5/hour, and no more than about 15 weight percent of the modified fatty acid profile comprises trans-fatty acids.

- 62. (New) The method of claim 61 wherein the oil is at the hydrogenation temperature when initiating the hydrogenation and the oil is hydrogenated without adding external heat.
- 63. (New) The method of claim 61 wherein hydrogen is delivered to the oil before dispersing the nickel-based catalyst in the oil.

64. (New) The method of claim 61 wherein the hydrogenation temperature is no greater than about 60° C.

- 65. (New) The method of claim 61 wherein the hydrogenation temperature is no greater than about 50° C.
- 66. (New) The method of claim 61 wherein the hydrogenation temperature changes over the course of the hydrogenation time, the hydrogenation reaction being initiated at a hydrogenation temperature no greater than about 60° C.
- 67. (New) The method of claim 61 wherein the average Iodine Value change rate is between about 6/hour and about 40/hour.
- 68. (New) The method of claim 61 wherein delivering hydrogen to the oil comprises delivering a gas consisting essentially of hydrogen.
- 69. (New) The method of claim 61 wherein a total trans-fatty acid increase is a difference between the weight percent of the trans-fatty acids in the modified fatty acid profile and an initial trans-fatty acid weight percent of the initial fatty acid profile, wherein the ratio of dIV to the trans-fatty acid increase is at least about 5.
 - 70. (New) An edible fat composition formed by the process of claim 61.
- 71. (New) A method of hydrogenating an edible oil having an initial solid fat content of less than 20 weight percent at 20°C, an initial lodine Value, and an initial fatty acid profile, the method comprising:

providing a catalyst composition including a fat component and a nickel-based catalyst that has been heated to a first temperature;

dispersing the catalyst composition in the oil;

delivering hydrogen to the oil; and

hydrogenating the oil at a second temperature to yield a partially hydrogenated fat having a modified lodine Value and including a modified fatty acid profile, wherein:

the second temperature is less than the first temperature;

the partially hydrogenated fat has a solid fat content of about 20-80 weight percent at 20° C;

an absolute difference between the initial lodine Value and the modified lodine Value (dIV) divided by the hydrogenation time defines an average lodine Value change rate of about 6-40/hour; and

no more than about 15 weight percent of the modified fatty acid profile comprises trans-fatty acids.

- 72. (New) The method of claim 71 wherein dispersing the catalyst composition comprises contacting the catalyst composition, which is at a third temperature, with the oil, the third temperature being greater than the second temperature and at least as great as a melting point of the fat composition.
 - 73. (New) An edible fat composition formed by the process of claim 71.
- 74. (New) A partially hydrogenated fat selected from a group consisting of partially hydrogenated soybean oil and partially hydrogenated rapeseed oil, the partially hydrogenated fat having:
 - a solid fat content of at least about 20 weight percent at 20° C;
 - a trans-fatty acid content of about 4-20 weight percent of the fatty acid profile; and
 - a ratio of C18 content to the trans-fatty acid content (C18 : TFA) of at least about one.

75. (New) The partially hydrogenated fat of claim 74 wherein the trans-fatty acid content is no greater than about 10 weight percent.

- 76. (New) The partially hydrogenated fat of claim 74 wherein the trans-fatty acid content is no greater than about 8 weight percent.
- 77. (New) The partially hydrogenated fat of claim 74 wherein the C18 : TFA ratio is at least about two.
- 78. (New) The partially hydrogenated fat of claim 74 wherein the C18 : TFA ratio is at least about 4.
- 79. (New) The partially hydrogenated fat of claim 74 wherein a ratio of the solid fat content at 20° C to the trans-fatty acid content is at least about two.
- 80. (New) The partially hydrogenated fat of claim 74 wherein a ratio of the solid fat content at 20° C to the trans-fatty acid content is at least about 4.
- 81. (New) The partially hydrogenated fat of claim 74 wherein the partially hydrogenated oil had an initial lodine Value prior to hydrogenation and the partially hydrogenated fat has a final lodine Value, a ratio of the absolute value of a difference between the initial and final lodine Values to the trans-fatty acid content is at least about 4.
- 82. (New) A partially hydrogenated fat selected from a group consisting of partially hydrogenated soybean oil and partially hydrogenated rapeseed oil, the partially hydrogenated fat having:
 - a solid fat content of about 20-80 weight percent at 20° C;
 - a trans-fatty acid content of no greater than about 15 weight percent of the fatty acid profile; and

a ratio of the solid fat content at 20° C to the trans-fatty acid content (SFC 20 : TFA) of at least about two.

- 83. (New) The partially hydrogenated fat of claim 82 wherein the trans-fatty acid content is no greater than about 10 weight percent.
- 84. (New) The partially hydrogenated fat of claim 82 wherein the trans-fatty acid content is no greater than about 8 weight percent.
- 85. (New) The partially hydrogenated fat of claim 82 wherein the SFC 20: TFA ratio is at least about 4.
- 86. (New) The partially hydrogenated fat of claim 82 wherein the SFC 20 : TFA ratio is at least about 6.
- 87. (New) The partially hydrogenated fat of claim 82 wherein a ratio of a cis-fatty acid content to the trans-fatty acid content is at least about 3.
- 88. (New) The partially hydrogenated fat of claim 82 wherein a ratio of C18 content to the trans-fatty acid content is at least about two.
- 89. (New) The partially hydrogenated fat of claim 82 wherein a ratio of C18 content to the trans-fatty acid content is at least about 4.
- 90. (New) The partially hydrogenated fat of claim 74 wherein the solid fat content at 20° C is about 40-80 weight percent.
- 91. (New) The partially hydrogenated fat of claim 90 wherein a ratio of the solid fat content at 20° C to the trans-fatty acid content is at least about 6.

92. (New) The partially hydrogenated fat of claim 90 wherein a ratio of the solid fat content at 30° C to the trans-fatty acid content is at least about 3.

- 93. (New) The partially hydrogenated fat of claim 90 wherein a ratio of a cis-fatty acid content to the trans-fatty acid content is at least about 3.
- 94. (New) A partially hydrogenated fat selected from a group consisting of partially hydrogenated soybean oil, partially hydrogenated rapeseed oil, and partially hydrogenated sunflower oil, the partially hydrogenated fat having a fatty acid profile in which:
 - a solid fat content is about 40-80 weight percent at 20° C;
 - a trans-fatty acid content is no greater than about 15 weight percent; and
 - a ratio of C18 content to the trans-fatty acid content (C18 : TFA) is at least about two.
 - 95. (New) A partially hydrogenated palm fat having a fatty acid profile in which:
 - a solid fat content is about 40-80 weight percent at 20° C;
 - a trans-fatty acid content is no greater than about 10 weight percent; and
 - a ratio of the solid fat content at 20° C to the trans-fatty acid content (SFC 20 : TFA) is at least about 4.
 - 96. (New) A food product comprising the fat of claim 74.
 - 97. (New) A frying fat composition comprising the fat of claim 74.
 - 98. (New) A shortening composition comprising the fat of claim 74.

99. (New) The shortening composition of claim 98 wherein the fat has a solid fat content at 20° C of at least about 40 weight percent, further comprising a liquid oil blended with the fat.

100. (New) A margarine composition comprising water and the fat of claim 74.